



Guidon



FREE



Published in the interest of the personnel at Fort Leonard Wood, Missouri

■ **Beat the heat. Dealing with hot weather no laughing matter**
Page A4

■ **Go dog go. Kids find joy in reading with canine friends**
Page B1

■ **Diamond action. 577th Engineers win over 3-10th Infantry**
Page C1

Hello, good-bye

13th MP Company joins Fort Leonard Wood ranks

Story and photo by Carolyn Erickson
GUIDON Staff

The 13th Military Police Company officially joined the ranks of active companies on Fort Leonard Wood, July 16.

The company's activation is part of the Army's overall plan to station the 4th Maneuver Enhancement Brigade at Fort Leonard Wood.

The 13th Military Police Company was activated under the 92nd Military Police Battalion, Fort Benning, Ga., which is scheduled to move to Fort Leonard Wood in October, along with the 4th Maneuver Enhancement Brigade.

Lt. Col. Dennis Zink, 92nd Military Police

Battalion commander, presided over the uncasing of the 13th Military Police Company's guidon. Capt. Mark Brown assumed command of the company, with 1st Sgt. David Tookmanian having been in place since April helping to "stand up" the unit.

The company commander spoke of the importance of standing up the unit.

"The 4th Maneuver Enhancement Brigade is coming to Fort Leonard Wood, and (this is) our chance to support them," Brown said. "We're all excited to fit into that new structure."

While the 13th Military Police Company is

See **HELLO**, Page A4

252nd MP Detachment begins deployment to Iraq

Story and photos by B.J. Worley
GUIDON staff

The 252nd Military Police Detachment said their formal goodbye during their farewell ceremony Monday morning. Family, friends, commanders and Patriot Guard Riders were present to wish the 252d MPs well on their first deployment.

Maj. Gen. William McCoy, Maneuver Support Center and Fort Leonard Wood commanding general, spoke to the 252nd MPs, giving them advice.

"Some of you have been there before, some of you have not. For those of you that have been

before, I want you to know that this is not the same Iraq that you were in last time you were there," McCoy said.

McCoy warned the previously deployed to not have the mind frame of "I've been there, done that — and I'm going to continue to operate the same way I did last time I was there."

McCoy has great expectations of the 252nd MPs. He said he expects them to learn, be adaptable to the situation, be the force to be reckoned with and be professional in everything they do.

Lt. Col. Jesse Galvan, 342nd Military Police

See **GOOD-BYE**, Page A4

EOD lends robotic hand to basic training field exercise



ABOVE: Spc. Kristin Wend, 763rd Explosive Ordnance Detachment, prepares the Pac-bot for an improvised explosive device mission, Friday. **RIGHT:** The Pac-bot positions a charge onto an IED during a Company B, 795th Military Police Battalion, training exercise.

Story and photos by Allison Choike
GUIDON staff

For the Soldiers of Company B, 795th Military Police Battalion their final field training exercise not only marked the end of their basic and advanced training at Fort Leonard Wood, it taught them a valuable lesson in IED awareness.

Friday, the 763rd Explosive Ordnance Detachment assisted the company with Improvised Explosive Device training and reacted to a call — just like they would if deployed.

Capt. Jason Hanus, Co. B, 795th MP Bn. commander, came up with the idea to have EOD involved with training, because he wants to make sure the troops are getting the most

realistic experience possible.

Hanus and the company cadre set up the training exercise to have the Soldiers on convoy. During that time, they spot an IED and call EOD for assistance after executing the correct tactics, techniques and procedures for unit safety.

"This is something you see that happens a lot in the contemporary environment, and this is what is supposed to take place when a unit comes across an IED," Hanus said.

Sgt. 1st Class Steven Stone, Co. B., 795th MP Bn., first sergeant, said having the Soldiers being a part of the process — from spotting the IED, calling EOD for assistance and then being there when detonated —

See **ROBOT**, Page A4



DENTAC commander heads east

Col. Mikaloff says farewell, departs for Fort Bragg, N.C.

Story by Carolyn Erickson
GUIDON Staff

Col. Ronald Mikaloff, United States Army Dental Activity commander, will leave the best assignment of his career in a change-of-command ceremony, Tuesday.

"This has been the most rewarding experience in my career," said Col. Ronald Mikaloff, DENTAC commander. "I flat out love the job, the DENTAC, and the post. I'm sad to leave."

Mikaloff expressed his appreciation of the Fort Leonard Wood community.

"I want to thank everybody for the support they've shown the dental activity," Mikaloff said. "We love what we do, and we're very proud we're able to serve this wonderful community."

Mikaloff has served as the DENTAC commander for three years, and under his command, the DENTAC has grown and changed.

"In the time I've been here we've started First Term Dental Readiness program, making sure Soldiers who graduate Advanced Individual Training are dentally ready for their next assignment," Mikaloff said. "(The DENTAC has) almost doubled in size since I got here."

Mikaloff spoke highly of the people he has



Mikaloff

See **DENTAC**, Page A4

New brigade coming to post, 4th MEB activates in October

Story by Luke Waack
GUIDON Staff

As an ever-changing Army positions itself for a 21st century war, a new style of deployable brigade is standing up at Fort Leonard Wood, this year.

The concept for the 4th Maneuver Enhancement Brigade — a support unit that can control a sector of the battlefield — was created at the Maneuver Support Center. The unit's scheduled date for activation is Oct. 16, 2008.

"The Army is standing up 4th MEB here at Fort Leonard Wood as part of the major growth and re-stationing operations underway across the force. It is a natural place to put a MEB, as

"The Army is standing up 4th MEB here at Fort Leonard Wood as part of the major growth and re-stationing operations underway across the force. It is a natural place to put a MEB, as we will be one of the leading units conducting the maneuver support operations for which the Maneuver Support Center is the proponent."

Col. Robert Risberg

4th Maneuver Enhancement Brigade commander

we will be one of the leading units conducting the maneuver support operations for which the Maneuver Support Center is the proponent," said Col. Robert Risberg, 4th MEB commander.

The 4th MEB mission will have a complex mission, according to Risberg.

"It is designed to provide assured mobility, protection, consequence management and support area

operations to Corps, Divisions and Joint Task Forces in a major contingency operation, and can perform many of the same missions as a Brigade Combat Team in a counterinsurgency or other irregular warfare

environment," Risberg said.

The 4th MEB will combine units already headquartered on post with newly created units, and one arriving from another installation, Risberg said.

"The Brigade will consist of three organic units: 4th MEB, Headquarters and Headquarters Company; the 193rd Brigade Support Battalion; and the 94th Signal Company. It will also include three Forces Command battalions; the 5th Engineer Battalion, the 94th Engineer Battalion and the 92nd Military Police Battalion. The 5th and 94th Engr. Battalions have been at Fort Leonard Wood for many years. The 92nd MP Bn. is in the

See **BRIGADE**, Page A4

INDEX

Commentary	A2	Calendar	B4
News Briefs	A3	Leisure	C1
War on Terror	A5	Sports	C3
What's Up	B3	Movies	C7



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VIEWPOINT

What do you do to beat the heat?

By Luke Waack

“To stay cool, I stay inside.”

Karina Granado
Military family member



“I make sure I drink plenty of water.”

Sgt. 1st Class Eric Lloyd
Company D,
3rd Battalion,
10th Infantry Regiment



“I like to stay indoors.”

Cpl. Kevin Kreeger
252nd Military Police Detachment,
342nd Military Police Battalion



“I like to go swimming at the pool.”

Sylvia Baca
Military family member



“Water sports — like water-skiing, jet skiing and swimming.”

Maj. Marc Demarest
New Jersey Army National Guard



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Commentary

Living by the code

By Robert Johnson
Managing editor

July is a big month for anniversaries. Sure, everyone knows about the Fourth of July and the birth of our nation, but this July also marks the 35th anniversary of the All-Volunteer Force and the 50th anniversary of the Code of Ethics for Government Service.



Johnson

Not to be confused with the Army Civilian Corps Creed, which came to being in June 2007, the Code of Ethics for Government Service was adopted and passed by Congress, July 11, 1958. The code lays out the basis for how federal employees, to include both uniformed members and civilians, are to conduct themselves.

Personally, I find the code to be pretty much common sense, but when one of these 10 principles is violated; it can make headlines, or at least reflect poorly on someone's annual review. And sadly enough, we seem to see more and more of their violation in the news.

In case you haven't read, seen, heard of or adhered to the Code of Ethics for Government Service, here are those 10 tenants:

Any person in government

service should:

I. Put loyalty to the highest moral principles above loyalty to persons, party, or Government department.

II. Uphold the Constitution, laws, and legal regulations of the United States and of all governments therein and never be a party to their evasion.

III. Give a full day's labor for a full day's pay; giving to the performance of his duties his earnest effort and best thought.

IV. Seek to find and employ more efficient and economical ways of getting tasks accomplished.

V. Never discriminate unfairly by the dispensing of special favors or privileges to anyone, whether for remuneration or not; and never accept, for himself or his family, favors or benefits under circumstances which might be construed by reasonable persons as influencing the performance of his governmental duties.

VI. Make no private promises of any kind binding upon the duties of office, since the Government employee has no private word, which can be binding on public duty.

VII. Engage in no business with the Government, either directly or indirectly, which is inconsistent with the conscientious performance of his governmental duties.

VIII. Never use any information coming to him confidentially in the performance of governmental duties as a means for making private profit.

IX. Expose corruption wherever discovered.

X. Uphold these principles, ever conscious that public office is a public trust.

For 50 years, these principles have guided Department of Army employees, but they really should come as no surprise to anyone. Like I said before, they are pretty much common sense. Of course, common sense isn't a prerequisite for working for the government, so the principles do get violated. Some of principles are easier to bend, others are easier to avoid, one is probably often overlooked out of fear of reprisals, and the last one is probably the most difficult of all — live by the other nine.

We all know someone who has failed at one or two of these principles ... and it's the reprimands, firings and jail time stories that we hear ... but in reality we all need to make a more conscious effort to adhere to their intent.

Fifty years of anything is quite an accomplishment, and for these rules to stand the test of time without someone wanting to tinker with them is indeed a reason to celebrate their anniversary.

Next week, I'll reflect on 35 years of the All-Volunteer Force, but for this week, I am going to re-educate myself on the Code of Ethics for Government Service. Maybe it's time you did, too.

Go green without the hassle

By Michelle Gordon
Special to GUIDON

“Can you put my items in these please?” I asked as I handed two bright red bags to the cashier. She kindly obliged and moments later, with my daughter in my arms and my bags slung over my shoulder, I headed out to my car. Too easy. Convenience is just one of the many reasons I use reusable bags.

I jumped on the reusable bag bandwagon last month. I always liked the idea, but I didn't want the hassle. I'm already carrying a purse, a 1-year-old and a shopping cart cover to protect the child from whatever diseases live on said shopping cart. The last thing I needed was one more item to lug into the store.

Then it occurred to me: I'm going through the “hassle” of the cart cover and going through the “hassle” of sanitizing everything she comes into contact with, so what's one more “hassle” if it means my daughter will enjoy a clean environment when she grows up?

I bought two small bags for \$99 each and a larger one for \$1.49. The small bags hold the equivalent of about four standard, plastic bags and the larger holds about twice that, depending on what you buy and how you organize.

Plastic bags are inconvenient to store. I didn't want them lying



GUIDON photo

Reuseable shopping bags are available at the Fort Leonard Wood commissary.

around my car all the time. Reusables fold and zip or snap into a small, manageable size. And they're cute — always a plus for me.

Reusable shopping bags aren't a new concept, but they are growing in availability and popularity. Several stores, such as Publix and Target, kicked off the new year by launching their line of eco-friendly bags in January, and over the last several months more and more stores have followed suit. In fact they're even available at the commissary, where the store manager says they can't keep them in stock because they're so popular.

I hope this new trend is a lifestyle change rather than a fleeting fad, because we really need to reduce overall consumption of plastic shopping bags.

Each year, nearly a trillion bags

are used worldwide at a rate of a million bags per minute. They're filling up our landfills and polluting our environment, and even though you throw them away, they don't just disappear.

In fact, the average plastic bag has a lifespan of 1,000 years. So just think, the 12 bags you used for 15 minutes, as you moved your groceries from the commissary to your house, will remain on our planet after you, your children and even your children's children are long gone.

Plastic doesn't decompose. Sure, you can recycle or reuse them, but very few people actually do.

Paper bags are another option, but paper is made from trees, and it isn't necessary to destroy our forests when we have a viable alternative — reusable bags.

Changing the way you shop isn't difficult, and it doesn't require much effort. You don't have to use a particular bag at a particular store. Feel free to interchange. I use mine everywhere, even the mall.

I feel like I'm being a better parent and a better citizen because I am reducing my impact on the planet. When I first brought my bags home, my husband said I was turning into a hippie. Well if protecting the environment makes me a hippie then I say pass me the tie dye.

(Editor's note: Gordon writes for the Fort Benning, Ga., Public Affairs Office.)

Voting is a right, hope is not a strategy

By Bridgett Siter
Special to GUIDON

McKenzie got up before the sun, crawled into my bed and tapped me on the shoulder: “Hey Mom, you think we can go to the pool today?”

“Kenzie, baby, the pool doesn't open for hours. Ask me later,” I mumbled.

I was standing at the coffee pot half an hour “later” when McKenzie brought me the paper. That's a trick she learned from her older siblings.

“It looks like it's going to be a good day to go to the pool,” she said. “Can we go?”

“Hmm, we'll see,” I said. That's a trick I learned from my mom. It never works.

At 8, she came out of the bathroom wearing a bathing suit that belonged to her sister.

“You think Brittney will mind if I wear this when we go to the pool?” she asked.

At 8:30, she passed me in the hallway carrying a towel under each arm.

“I'll put these in the car,” she said. “So we'll be ready to go when you're ready to go. To the pool, I mean.”

brother asked when he finally crawled out of his cave.

“She's hoping to go to the swimming pool,” I said.

“I'm not hoping to go to the pool. Can't you see I'm begging?” she cried.

McKenzie hit on something most kids learn early on: Hope is not a strategy. It won't get you an extra helping of dessert. For that, you have to eat your veggies. It won't get you an increase in allowance. For that, you have to accept more responsibility about the house. And it won't get you to the swimming pool on Saturday. For that, you have to beg.

Just the other day, I was eavesdropping on a conversation between two Soldiers seated at the table next to me in my favorite coffee shop. My bad. One Soldier said to the other Soldier: “I haven't decided if I'll vote, but I sure hope we get someone in who can straighten out this mess.”

Now I don't know which mess she was talking about — the price of gasoline, tainted tomatoes, or terrorism? Maybe the lack of good service in my favorite coffee shop? Whatever. But I don't put a lot of faith in her hope for a better tomorrow if she hasn't decided to vote.

Hope won't put gas in your tank. It won't cure cancer, reduce crime, stamp out hunger or make those unwanted pounds and inches disappear. And it sure as heck won't solve “this mess,” however you define it.

I can't think of another organization that lets you, the employee, have a say in selecting your boss. The next president of the United States will be your boss, your commander-in-chief. And you'll help decide just who it will be — by your vote or your abstention. It's your right to abstain. It's your civic duty to vote.

And if it's not your duty to educate yourself before casting said vote, it's surely a moral imperative. Voting for the sake of voting, with no real understanding of the candidate's stand on the issues that are important to you, is really no better than abstention. We call that voting along party lines, and contrary to popular thought, it's not particularly righteous.

Please vote. And please do your homework before you vote. Change the channel on your TV or the radio and listen to opposing viewpoints, read newspapers to your left and right. Do a Google search about the issues that concern you. To cast an educated vote, you've got to get beyond the headlines and easily manipulated poll numbers. Ignore the mudslinging.

You've heard it before that countless brave men and women put their lives on the line to secure your right to vote. I sure hope you'll do 'em proud.

Please don't make me beg.
(Editor's note: Siter is the assistant editor for the Fort Benning, Ga., newspaper, “The Bayonet.”)



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Staff Sgt. Prentice Russell was selected as 43rd Adjutant General Battalion's Drill Sergeant of the Quarter. Russell is assigned to Headquarters and Headquarters Company, 43rd AG Bn. and has been a drill sergeant for 13 months. He is originally from Georgia.



Drill Sergeant of the Quarter

Army News Service

WASHINGTON — The “Gifts to Army” Web site, launched Monday, is an online resource developed to streamline and process gifts to the Army that benefit Soldiers and their families.

Citizens often ask Soldiers, their family members, and Army Civilians how they can support their Army. They want to know how they can help men and women in uniform. This Web site will provide the public an online resource to answer the question: “How can we help?”

“Many individuals have asked how they can help the Army,” said Joyce Morrow, administrative assistant to the secretary of the Army. “We appreciate how generous the public is and the concern they have

for the welfare of our Soldiers and families. We’ve developed this Web site to provide information on how to contribute money, goods or services to benefit Soldiers and their families.”

The launch of the site centralized the many venues and paths for the public whose offers of support fall within the Army’s overall Gift Program, which is managed by the Office of the Administrative Assistant to the Secretary of the Army. Contribution options addressed on the site include support for the Army, Soldiers and their families, Wounded Warriors, Army installations and more.

“This Web site is not intended as a solicitation, but merely as a way to provide information on the options and programs available to those who

ON THE WEB

For more information, visit the “Gifts to Army” Web site at <http://giftstoarmy.army.mil/>.

have expressed a desire to make a contribution,” Morrow said.

The Army Gift Program has existed for many years under the authority of Title 10 United States Code, Section 2601. President Bush signed into law, the National Defense Authorization Act for Fiscal Year 2008 (Public Law 110-181, Section 593), Jan. 28, which expanded the Army’s gift acceptance authority to include acceptance of gifts on behalf of wounded Soldiers, wounded civilian employees, and their families.

America’s support of its

military is not new. During World War II, tin drives, support for food rationing, and canteens were common. At a train depot in North Platte, Neb., a small group of volunteers in a city of no more than 12,000 provided food, magazines, and conversation to the hundreds of troop trains that stopped in their town. This major undertaking went on for the duration of the war and was done without government support.

The people of the United States carry on the tradition of caring for and supporting their men and women in uniform.

Training tool deploying for first time in August

Story and photo by Todd Lopez
Army News Service

GRAFENWOEHR, — A team in Germany is preparing to deploy a tool in early August that promises to make training easier, more efficient, and more meaningful for units preparing for Iraq.

The Exportable Instrumentation System is a portable set of equipment that tracks player and equipment movement during exercises and records their activity and communications for use during the after-action review process.

In August, the Instrumentation Training Analysis Computer Simulations and Support Center — part of the Joint Multinational Readiness Center — will for the first time deploy the EIS to Hammelburg, Germany to be part of a mission readiness exercise there involving the 172nd Infantry Brigade from Schweinfurt, Germany.

Participating from the brigade will be the 1st Battalion, 2nd Infantry Regiment; 3rd Battalion, 66th Armor Regiment; 2nd Battalion, 28th

Infantry Regiment; 1st Battalion, 77th Field Artillery Regiment; and the 9th Engineer Battalion. A total of about 700 Soldiers will participate in the MRE and will be the first to use the complete EIS.

“During the exercise, Soldiers at Hammelburg will be responsible for security, for convoy operations, and for everything they will be responsible for when they go downrange to Iraq,” said Dave Caples, ITACSS operations officer. “The EIS will provide for them that separation between the headquarters and the task force, which is what they see when they go downrange to Iraq. This challenges the brigade to get all their logistics, their communications, and their C2 in order.”

The 172nd is expected to conduct a six-day MRE using the EIS, and will be disbursed across three locations, including Hammelburg, Grafenwoehr, and Hohenfels, Germany. The headquarters element of the brigade will be located in Hohenfels while the 3-66 AR will be located in Hammelburg — about 125 miles away. The

disbursed units will all be tied together during the exercise by the EIS.

The EIS consists of several pieces of portable equipment, including the “Global Hawk” containers that contain the computers that run the system; several hard shelters called HELAMS that house workstations for analysts; and several remote base stations that can be placed around a training range to act as signal repeaters to feed information back into EIS.

Individual Soldiers may be asked to wear instrumented personnel detection devices so that EIS analysts can see where they are on the range, and vehicles involved in the MRE will be outfitted with MILES II equipment that allows the EIS to track their whereabouts, their expenditure of munitions, and their fuel usage. In all, the EIS can monitor some 800 inputs participating in the exercise.

During an exercise, the system allows for analysis of Soldier’s actions, the communication between Soldiers and their headquarters, and the implementation of logistics support to

Soldiers and equipment, Caples said.

The EIS also contains a sophisticated facility where Soldiers and their commanders can conduct the after action review process, aided by video captured by EIS during the exercise and by inputs from analysts.

In all, the 172nd will be the first to benefit from the advanced technology ITACSS has assembled to enhance Soldier training.

“We are the only place in the world that has something like this,” Caples said. “The EIS is meant to deploy anywhere in the world. We give these guys the flexibility to do a whole lot of things simultaneously, and I think it will enhance the training immensely.”

While there are similar, non-portable systems already at Army combat training centers, the EIS is mobile, and can be taken anywhere in the world. It is the only system of its kind in the Army today, and JMRC will use it to take its training capability on the road to other training ranges in Germany, or anywhere in the world.



The remote base stations, part of the Exportable Instrumentation System, can be placed around a training range to act as signal repeaters to feed information back into EIS.

BRIEFS

Clarification

In reference to the changes to the new Army leave policy, which allows Soldiers to accrue 75 days of leave instead of 60 for carryover, a clarification was issued July 17. Soldiers may only sell back excess leave that exceeds 120 days. For example, a Soldier that accrues 140 days may only sell back 20 days, not 140 days. The maximum that can be sold back is 30 days, which requires the accrual of 150 days of leave. For more information on the new leave policy, or to schedule a sell back of leave, see your unit administrator.

Bus driver needed

The Armed Services YMCA is beginning a new program with the Warrior Transition Unit on Fort Leonard Wood and is in need of a part-time bus driver for four to five hours per week in the evenings. All interested persons should contact the Y office for additional information at 329.4513 or e-mail the YMCA at ymca@cablemo.net.

Change-of-command scheduled

The Fort Leonard Wood DENTAC is scheduled to conduct a change-of-command ceremony at 9 a.m., Tuesday, on the Roll Dental Clinic lawn. Col. Ronald Mikaloff is scheduled to relinquish command to Col. Robert Miller during the ceremony. Roll Dental Clinic is located on Nebraska Avenue.

Change of responsibility

The 35th Engineer Battalion has scheduled a change-of-responsibility ceremony at 2 p.m., today, in Nutter Field House. Command Sgt. Maj. John Rather is scheduled to relinquish responsibility as the battalion’s top noncommissioned officer to Command Sgt. Maj. Jose Dorame. For more information, Call 596.0382.

ID card facility hours

The identification card facility is located in Bldg. 470, Room 2101 and is open from 6 a.m. to 3 p.m., Monday through Friday. The facility is closed on holidays. All personnel needing an ID card will need to provide a pictured ID. For more information or to make an appointment, call 596.0744.

Cell phone violations

Drivers of motor vehicles are reminded that cell phone use without a hands-free device while driving on Fort Leonard Wood is not authorized. Violators of this policy are subject to a \$50 fine and are subject to administrative actions such as traffic point assessment, suspension of post driving privileges or letters of reprimand.

Off-limits establishments

In accordance with the commanding general’s policies, the following establishments have been declared off-limits to military personnel:

- Daisy’s Health Spa, Missouri Avenue, Pulaski County
- Party Cove, Lake of the Ozarks
- Village Inn, Missouri Avenue, St. Robert
- Wood Village Trailer Court, Missouri Avenue, St. Robert
- Tower Courts, Highway Z, Pulaski County
- Dutchman’s Liquidators, 644 Old Route 66, St. Robert
- Electra’s Bar, located at 107 Fina St., St. Robert.

In the event the establishment has a name change, the premises remain off-limits.

Military personnel observed in the off-limits establishments are in violation of military orders and are subject to the Uniform Code of Military Justice.

For more information, contact the Provost Marshal’s office at 596.0575.

COURTS-MARTIALS

Guilty of manslaughter

Pvt. Andrew Harvey, 94th Engineer Battalion, pled guilty during a general court-martial, July 1, to involuntary manslaughter and violation of lawful general regulation.

The charges stem from a

July 29, 2007 incident in which Harvey was operating his privately owned vehicle on Water Intake Road on Fort Leonard Wood. Harvey was found to be intoxicated and operating at a greater speed than the posted speed limit and lost control of the vehicle. Pvt.

Edison Amaya died as a result of the accident.

A military judge sentenced Harvey to be reduced to the grade of E-1, to be confined for 42 months, forfeiture of all pay and allowances and to be discharged from the service with a bad-conduct discharge.

WEATHER



Thursday
Thunderstorms,
high 86,
low 70.



Friday
Thunderstorms,
high 90,
low 70.



Saturday
Partly cloudy,
high 92,
low 70.



Sunday
Thunderstorms,
high 88,
low 70.

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Beat summer’s heat with common sense

GUIDON staff

As the dog days of summer drag on, Soldiers need to take the utmost precautions during training to ensure their safety and to help eliminate heat casualties.

Heat injuries can range from sunburns to heatstroke — all preventable if the proper steps are taken.

According to the Work/Rest Consumption Table, which all companies and units refer to during training, work and rest; water consumption is broken down into four hours of work increments in heat categories, how much Soldiers are exposed to sun, and how hard the work or training is that is being completed.

The table also states that hourly fluid intake should not exceed one-and-a-half quarts of water per hour and no more than 12 quarts per day.

In a memorandum sent out by Brig. Gen. Michael Cates, Office of the Surgeon General vice chief, about the 2007 Heat Injury Prevention Policy, over-hydrating can be just as dangerous as not hydrating enough. Deaths have occurred in the past due to water intoxication.

The memorandum also instructs commanders and non-commissioned officers should develop a program to eliminate and prevent heat casualties in order to keep everyone safe.

Some helpful tips to eliminate heat injuries include:

- Constant monitoring. Always watch Soldiers, the weather, the wet bulb. Be aware of everything around that has to do with heat and its conditions.
- Proper hydration. Make sure you are properly hydrated and follow the guidelines set by the Work/Rest Consumption Table.
- Be prepared. In case of emergency, have ice sheets and combat lifesaver bags on hand. Contact a medic right away.

For more information on heat injury prevention visit the U.S. Army Center for Health Promotion and Preventive Medicine’s Web site at <http://chppm-www.apgea.army.mil/heat/> or refer to reference manual TB MED 507, “Heat Stress and Heat Casualty Management.”

Work/Rest and Water Consumption Table


Applies to average sized, heat-acclimated soldier wearing BDU, hot weather. (See TB MED 507 for further guidance.)

Easy Work		Moderate Work		Hard Work	
• Weapon Maintenance	• Walking Loose Sand at 2.5 mph, No Load	• Walking Hard Surface at 3.5 mph, ≥ 40 lb Load	• Walking Loose Sand at 2.5 mph with Load	• Field Assaults	
• Walking Hard Surface at 2.5 mph, < 30 lb Load	• Walking Hard Surface at 3.5 mph, < 40 lb Load				
• Marksmanship Training	• Calisthenics				
• Drill and Ceremony	• Patrolling				
• Manual of Arms	• Individual Movement Techniques, i.e., Low Crawl or High Crawl				
	• Defensive Position Construction				

Heat Category	WBGT Index, F°	Easy Work		Moderate Work		Hard Work	
		Work/Rest (min)	Water Intake (qt/hr)	Work/Rest (min)	Water Intake (qt/hr)	Work/Rest (min)	Water Intake (qt/hr)
1	78° - 81.9°	NL	½	NL	¾	40/20 min	¾
2 (GREEN)	82° - 84.9°	NL	¾	50/10 min	¾	30/30 min	1
3 (YELLOW)	85° - 87.9°	NL	¾	40/20 min	¾	30/30 min	1
4 (RED)	88° - 89.9°	NL	¾	30/30 min	¾	20/40 min	1
5 (BLACK)	> 90°	50/10 min	1	20/40 min	1	10/50 min	1

For additional copies, contact: U.S. Army Center for Health Promotion and Preventive Medicine Health Information Operations Division at (800) 222-9698 or CHPPM - Health Information Operations@apgea.army.mil. For electronic versions, see <http://chppm-www.apgea.army.mil/heat>. Local reproduction is authorized June 2004

- The work/rest times and fluid replacement volumes will sustain performance and hydration for at least 4 hrs of work in the specified heat category. Fluid needs can vary based on individual differences (± ¼ qt/hr) and exposure to full sun or full shade (± ¼ qt/hr).
- **NL** = no limit to work time per hr.
- **Rest** = minimal physical activity (sitting or standing) accomplished in shade if possible.
- **CAUTION: Hourly fluid intake should not exceed 1½ qts.**
- **Daily fluid intake should not exceed 12 qts.**
- If wearing body armor, add 5°F to WBGT index in humid climates.
- If doing Easy Work and wearing NBC (MOPP 4) clothing, add 10°F to WBGT index.
- If doing Moderate or Hard Work and wearing NBC (MOPP 4) clothing, add 20°F to WBGT index.



CP-033-0404

How to read the wet bulb

By Allison Choike
GUIDON staff



Courtesy photo

The wet bulb globe thermometer consists mainly of three parts, a wet bulb, dry bulb and black bulb. All three resemble a thermometer, and the wet bulb has a wick on it that has to remain wet at all times.

The instructions on how to take the wet bulb reading are right on the piece of equipment. The temperature that is taken from each of the bulbs is imputed on the reader, which is a lot like a ruler that has each temperature indexed on it. The reader gives a wet bulb temperature which is then referenced to one of the five heat categories.

When setting up the wet bulb, it needs to be on the exact site where training will occur and not in the shade. The wind, clouds and temperature all factor into what the reading will be.

Robot

From Page A1

is more than important.

“I think this is a good training experience for them, because this is something that happens a lot in Iraq. Actually using (training) IED and calling in EOD for training and having them (the unit) see what goes on — it will help them be even more prepared for Iraq,” Stone said.

Stone said by working with EOD and having the combat experience of the drill sergeants, the unit strives to put out the best possible product.

“You have to take this serious, because two weeks later they might be in Iraq, so we try to show and teach them as much as we can while they are here,” Stone said.

For the Soldiers of the unit, having the opportunity to watch EOD in action with the Pac-bot, a compact sized robot used to detonate ordnance and IEDs, was a once-in-a-lifetime opportunity.

“Having EOD be here with us on our final mission was pretty cool. I always wondered how they did this (detonate an IED),” said Pvt. Stanley Jovich, Co. B, 795th MP Bn. “Being able to see it in real life was better than when I saw it on TV.”

Pvt. Bronson Odle said he knew he was learning something he could take with him to his first unit after he was done with training.


“It (the training) gives us a realistic idea of what happens out there in the real world and gives us the knowledge of how to react to something like this and how to take action if it ever happens to us,” Odle said.

The members of 763rd EOD were just happy to help, but for them, coming out with the Soldiers gives them the opportunity to train even more.

“This is training for us, too,” said Sgt. 1st Class Jason Gerber, 763rd EOD operations noncommissioned officer. “When we find ourselves in Iraq and Afghanistan, it is the MPs that we use for security,” Gerber said.

While the Soldiers stood and watched the Pac-bot go to work, another lesson was learned by Pvt. Albert Semprun.

“Having EOD come out here and be a part of our convoy and help us with our IED situation just reminds us that we are all in the same Army, and we have to watch each others backs,” Semprun said.



Brigade

From Page A1

process of moving here from Fort Benning, Ga.,” Risberg said.

The MEB differs from specialized brigades of the past, Risberg said.

“Unlike traditional functional brigades — engineer, military police, chemical, signal, etc. — the MEB is capable of “owning ground” like a Brigade Combat Team,” Risberg said.

The MEB will have everything it needs to complete battlefield missions, Risberg said.

“This brigade (4th MEB) is capable of planning and controlling the diverse missions associated with assured mobility, protection, consequence management and support area operations, as well as many of the missions required in counter-insurgency operations. Specific functional units — engineer, military police, chemical, air defense, psychological operations, civil affairs, maneuver, and others — will be attached to the MEB for conducting the operations planned and controlled by the Brigade,” Risberg said.

Risberg is working to stand up the brigade and unfurl the colors as soon as possible, he said.

“Currently, the 4th MEB Headquarters is sharing space with the 5th Engineer Battalion Rear Detachment in the Specker Barracks area, and the subordinate units occupy various facilities around Fort Leonard Wood,” he said.

“In a few months, we’ll be mostly concentrated in interim facilities centered in the Specker Barracks area, and eventually the Brigade will move into newly constructed facilities on the southern end of the cantonment area,” Risberg said.

The 4th MEB commander is looking forward to the challenge of leading a new type of brigade, he said.

“I intend to make the 4th MEB a strong member of the MANSCEN team, as we build the unit into a combat-ready organization for our Army. We are pioneers in this new maneuver support concept, and we’re all eager to make a positive contribution to the nation as we join our brothers and sisters in this long conflict,” Risberg said.

Mikaloff’s previous assignments include Fort Dix, Fort Campbell, Fort Bragg, Belgium and Germany. He is scheduled to take command of the Fort Bragg, N.C., dental activity after leaving here with his family.

Col. Robert Miller will assume command of Fort Leonard Wood’s dental activity from Mikaloff. He is arriving from Fort Sam Houston, Texas, with his wife, Becky, and sons, Mathew and Aaron.

The DENTAC change of command is scheduled at 9 a.m., Tuesday, on the Roll Dental Clinic lawn off of Nebraska Avenue.

DENTAC

From Page A1

worked with.

“I have a fantastic Soldiers, staff, civilians and officers who will do anything for their patients and the community. I couldn’t ask for more,” Mikaloff said.

Fort Leonard Wood’s DENTAC has developed an excellent reputation under Mikaloff’s command.

“When I’m at a DENTAC meeting, the Fort Leonard Wood DENTAC has the reputation across the Army of being the DENTAC with the best morale, and where the staff is the happiest,” Mikaloff said. “It makes me proud.”

The DENTAC commander stressed the importance of relationships with people to his command.

“What I’ve enjoyed the most are the relationships I’ve developed with ... the wonderful people I’ve met on post, in the community, and in the organization,” Mikaloff said.

Mikaloff also shared why he chose dentistry as a profession.

“One of the little secrets about dentistry is that it’s fun and rewarding,” Mikaloff said. “To take a people with real problems and be able to solve them and improve their lives is tremendously rewarding.”

Hello

From Page A1



Lt. Col. Dennis Zink, 92nd MP Bn. commander, holds the 13th MP Co. guidon as 1st Sgt. David Tookmanian removes the casing during a ceremony, July 16.

becoming part of the modern Army’s force structure, the unit has a long history of service to the nation.

It was first activated in 1943, and has been located in Minnesota, Georgia, Thailand and Italy. The 13th Military Police Company has campaign participation credit from World War II: Normandy; Northern France; Rhineland; Central Europe, and recently, Afghanistan.

The company was headquartered in Vicenza, Italy, before being moved to Fort Leonard Wood under the Army’s restructuring of the force.

“The 13th Military police Company was stationed in Italy,” Tookmanian said. “July 16, it officially re-stationed here in Fort Leonard Wood, and the only thing that (came was) the guidon.”

From Page A1

Battalion commander addressed the 252nd MPs as well.

“Today signifies the culmination of 16 weeks of coordinating, planning, training, re-training, loading and packing; all in anticipation of preparing the 252nd MP Detachment to deploy into the fight,” Galvan said.

Galvan tasked 1st Lt. Shannon Konvalin, detachment commander, with preparing the 252nd MPs for deployment.

His high standards in training built the group of individuals into one cohesive team with their focus being accomplishment of the mission Galvan said.

“This was no more obvious than in the certification — proving each team was well versed in their individual tasks and more so in the war time mission,” Galvan said.

“This unit is ready to deploy, no doubt.”

Seven Patriot Guard Riders were present to show support for the 252nd MPs. The riders formed the flag line leading to the entrance of Training Area 183, and guarded the entrance of TA 183 during the ceremony.

Galvan thanked the Patriot Guard Riders saying, “Your patriotism and dedication to our Soldiers and their families is second to none. Thank you.”



ABOVE: 1st Lt. Shannon Konvalin and Sgt. 1st Class Ray Bennett roll up the 252nd Military Police Detachment guidon during the farewell ceremony, Monday. LEFT: Patriot Guard Riders were present for the farewell ceremony of the 252nd Military Police Detachment at training area 183, Monday.

WAR ON TERRORISM

Bradley mechanics:

Keeping missions on track in Iraq



Sgt. Thomas Cosbeeyoma, a Bradley mechanic with Company B, 2nd Battalion, 6th Infantry Regiment, pumps oil into the engine of a Bradley fighting vehicle after semi-annual servicing at Combat Outpost Summers, Iraq, July 8

**Story and photo by
Sgt. David Turner**
Army News Service

COMBAT OUTPOST SUMMERS — On a sweltering hot July morning, the Soldiers of Company B, 2nd Battalion, 6th Infantry Regiment, are hard at work on two of the company's Bradley fighting vehicles.

The engines sit on the concrete floor of the garage bay while the mechanics tighten hoses and pump gallons of oil into them. Two Soldiers work on cleaning out the engine compartment. They both work from inside the compartment, which seems no bigger than the interior of some cars.

While this might seem like a major overhaul, removing and reinstalling the engines is just part of semi-annual maintenance for these armored workhorses. It's a job that can be done in as few as five hours.

"It's really user-friendly when it comes to pulling these out," explained Staff Sgt. Craig Morales, shop foreman, Co. B, maintenance platoon. "It's pretty straightforward — some bolts, a few cables, a couple of fuel lines, and it's ready to pull out. It's a lot simpler than working on your (privately owned vehicle)."

The Bradley engine is a huge, but compact, eight-cylinder monster — a

903 cubic-inch motor that requires nine gallons of oil to lubricate. What seems more impressive than the vehicles or the engines themselves is that this repair shop is miles from the nearest large base.

Combat Outpost Summers, home to Co. B, is a small outpost inside a former Iraqi air force base. Outside its concrete barriers are several desolate kilometers of abandoned and ransacked buildings, many of them stripped of even their outer layers of brick. Inside, COP Summers is little difference, except for the Soldiers and their dozens of armored vehicles.

The 2-6th Inf. Regt. is an armored and mechanized battalion of 1st Armored Division, attached to the 3rd Infantry Division's 1st Battalion, 76th Field Artillery Regiment, 4th Brigade Combat Team. Tanks and Bradleys are their trademark vehicles, though Co. B has an assortment of other vehicles, including humvees and the newer mine-resistant, ambush-protected vehicles.

"Pretty much every vehicle we have, we work on," Morales said.

Morales explained that maintenance Soldiers have to multi-task in an environment as remote as this. Most of the 17 Soldiers in the platoon are Bradley mechanics, though some specialize in repairing tanks. When it is time to take care of their machines,

though, everyone gets involved, even the infantrymen who drive them.

"The engines only have to be pulled once a year. Now we're doing semi-annual service, and just because of the amount of abuse they've gone through out here already, we decided we would go ahead and pull the [engines] out and service them," Morales said. "The environment out here is pretty rough."

The rocky terrain, frequent sandstorms and ever-present dust choke air filters, wear out track pads and wreak havoc on suspension systems, he explained. The engines get their fair share of abuse as well.

"As long as we're in Iraq, it's going to be bad for the engines," said Staff Sgt. Charles Duplechin, the platoon's team leader.

Duplechin makes sure the Army's standards are met when it comes to repair and maintenance. His vehicles haven't seen combat yet, but there is plenty of work in just keeping them rolling.

"Maintenance doesn't stop. It doesn't matter if the surge has stopped ... It's the same equipment, and we still have to maintain it 24-hours-a-day. Nothing really changes," he said.

(Editor's note: Turner serves with the 3rd Infantry Division's 4th Brigade Combat Team Public Affairs Office.)

Mail continues to connect

Story and photo by Pfc. Michael Schuch
American Forces Press Service

FORWARD OPERATING BASE HAMMER, Iraq — When Patton's tanks rolled across North African desert sands, letters of encouragement, love and support from family back home connected 1st Armored Division Soldiers to loved ones left behind.

Today, in the heat of Iraq's deserts, mail continues to bridge the distance between "Iron Soldiers" and their families. Even in today's age of advanced technological communications, nothing compares to being able to hold a letter or open a package pieced together with affection by someone at home.

"Even though my wife and I are able to communicate almost daily via the internet, it still brightens my day to open a package from her," said Sgt. 1st Class Donald Johnson, deployed from Baumholder, Germany. "To know that her hands held this just days ago makes me feel that we are not so far apart."

It takes hours of work and numerous Soldiers to get the mail from its origin to soldiers of 2nd Brigade Combat Team, 1st Armored Division.

"On an average day, we bring in roughly 8,000 pounds of mail, sending out nearly 1,000 pounds from the Soldiers," said Sgt. Lamond Jackson.

Soldiers serving in war zones are able to send letters to the U.S. free of charge.

Once a piece of mail is shipped to Iraq from anywhere in the United States, it is sent to a central

facility in New York. Mail is next received and sorted by Soldiers working at Baghdad International Airport. These Soldiers then arrange for the mail to be and shipped by convoy to the appropriate base.

Every letter, parcel and package received by the mail handlers of 2nd Brigade Combat Team, 1st Armored Division, is sorted into individual units, then, the office or group of each Soldier, and finally, by the Soldier's name. It takes each piece of mail an average of five to 10 days to travel from origin to destination, passing through several checkpoints and countless Soldiers along the way.

Before the mail passes into the hands of its intended Soldier, it goes through the final link in the chain, the unit mail clerk. The unit mail clerk is solely responsible for ensuring that each package is intact, protected and delivered to the correct Soldier.

"Being the mail clerk is a big responsibility, because mail is really important for our Soldiers," said Pfc. Courtney Flaherty. "I really enjoy being able to perform this job."

No matter what Soldiers may encounter during any given day, a little piece of home provides meaning to the sacrifices they make. "Mail is the sole thing I look forward to each day. I love it," said Cpl. John Wilson. "Just knowing that someone special took the time and effort to write to me makes all this worthwhile."

(Editor's note: Schuch is assigned to the Public



Cpl. John Wilson, of New York City, enjoys a letter from home, July 12.

Affairs Office of 2nd Brigade Combat Team, 1st Armored Division.)

Engineers building better future in Baghdad

46th ECB team up with Missouri Reserve unit to "make a difference"

By 2nd Lt. Janeene Yarber
Army News Service

BAGHDAD — Within hours of being in country, the Soldiers of the 46th Engineer Combat Battalion picked up their tools and went to work on various projects around the city of Baghdad.

It was the first week of June when the engineers left their homes at two different posts — Fort Polk, La. and Fort Rucker, Ala. — and boarded planes for Kuwait.

At Camp Buehring, Kuwait, the battalion linked up with the 955th Engineer Company, a Missouri-based Army Reserve Company. Together with the battalion's organic



A Soldier from the 46th Engineer Combat Battalion uses a nailgun to build trusses for a building on Camp Liberty, Iraq in July.

Photo by Capt. Patrick Jenkins

Headquarters Support, Companies A and B, they made up the "Steel Spike Team."

By the end of the month, the engineers were in Iraq upgrading a

building for a Military Transition Team and completing a new battalion administrative and logistics operations center.

By, July 3, the official day of the transfer of authority from the 769th Engineer Battalion to the 46th ECB, the 46th Engineers had already taken over major vertical construction operations.

"The Soldiers of the 'Steel Spike' battalion are prepared to handle any mission tasked to them," said Lt. Col. Matthew Zajac, commander of the 46th ECB. "Our team's potential to make a lasting contribution to the security and stability of the Iraqi people is enormous."

The 46th ECB Soldiers were also organized into Quality

Assurance/Quality Control Teams and were tasked to support other high priority missions throughout Baghdad.

Task Force Gold is one such high priority mission that requires Soldiers to work with civil affairs teams to identify, contract and oversee projects aimed at enhancing basic services for the population. It is also the main focus of the commander of the 926th Engineer Brigade, the 46th's higher headquarters, Brig. Gen. Jeffrey Talley.

"The success of Task Force Gold is dependent upon the Soldiers who risk their lives every day to bring peace and stability to the area by helping to re-build the neighborhood and by bringing economic prosperity to the merchants who live and work there," Talley said.

A select group of 46th ECB Soldiers are assigned to TF Gold and work to rebuild the communities wrecked by years of violence.

"There's so much to do out there. It's a lot of hard work, but I love it," said Sgt. RJ Eugin, Company B, 46th ECB and a member of TF Gold. "We've trained hard for this, and I'm glad we're getting a chance to be here making a difference."

Medic saves the lives of two Iraqi soldiers

Capt. Nicole Mazikowski
Special to GUIDON

DIYALA PROVINCE, Iraq — While on patrol in Diyala Province, Pfc. Rhuy Pham embodied the spirit of the war-tested combat medics that served before her when she worked feverishly to save two Iraqi Army soldiers' lives.

The situation

The 3rd Platoon, 509th Mobility Augmentation Company patrol was headed south on a dirt road near Naqib, Iraq conducting route clearance operations when they saw a blast 500 meters to the front. The patrol was moving toward the blast when they encountered an Iraqi Army vehicle with two badly wounded soldiers in the back.

The soldiers needed immediate medical attention due to severe blood loss from several puncture wounds, burns all over their bodies and respiratory problems.

"The ease and precision of which Pfc. Pham worked on these two soldiers not only saved their lives but also cemented in the platoons mind just how good she is as a medic and Soldier," said 1st Lt. Trevor Money, 3rd Platoon leader.

With the help of the platoon sergeant, Sgt. 1st Class David Mulcahy, and platoon linguist, Pfc. Perez Judas Camacho, Pham stopped the bleeding by applying bandages and administering three IVs while stabilizing the breathing rate and preventing the other Soldier from going into shock. Pham did all of this while the platoon of concerned Iraqi Army soldiers crowded around their wounded comrades.

Quick thinking

"Her knowledge and ability to rapidly stabilize the casualties quickly won the respect and support of the Iraqi Soldiers around her," Mulcahy said.

Pham and her team monitored the Iraqi casualties for 45 minutes until an air MEDEVAC arrived to evacuate them.

After the air MEDEVAC left the site the platoon congratulated the young medic and continued their route clearance mission.

Completely dependable

"If the Soldiers of third Platoon 509th MAC ever have to call 'Medic!' again they are reassured with the knowledge that Pfc. Pham will be there in a heartbeat and will bring her expertise and experience to save the life of another Soldier," Money said.

The 5th Engr. Bn. has been deployed since April in support of Operation Iraqi Freedom.

(Editor's note: Mazikowski is the 5th Engineer Battalion's Public Affairs Officer)

Coalition forces kill enemy fighter, detain suspects

American Forces Press Service Release

WASHINGTON — Coalition forces in Iraq killed an enemy fighter, detained dozens of terrorist suspects and seized illegal weapons stockpiles in operations over the last few days, military officials reported.

In operations Monday:

□ In Beiji, south of Mosul, forces captured a suspected al-Qaida in an Iraq operative. During the operation, the target was injured, and another suspect was killed. Another suspect was detained.

□ Two other operations in Beiji targeted

al-Qaida in Iraq leaders and netted four suspected terrorists.

□ In Baghdad, forces captured two alleged al-Qaida in Iraq leaders wanted for kidnappings and attacks against civilians and security forces.

□ Also in Baghdad, forces detained two suspects in an extremist group that reportedly has been helping al-Qaida in Iraq's propaganda network.

In operations Sunday:

□ Soldiers seized a handful of weapons caches in Baghdad. Soldiers recovered 56 AK-47s, two SKS rifles and two pistols in the West Rashid district of Baghdad. Soldiers also

found a cache containing 10 AK-47s in an abandoned house in West Rashid. Soldiers found a cache northwest of Baghdad that held four 57 mm rockets, a rocket-propelled grenade launcher and two 155 mm mortar rounds. Soldiers recovered a cache in the Kadamiyah district of Baghdad that included three RPG launchers, five rocket boosters, two homemade improvised explosive device tubes and four RPG rounds.

(Editor's note: Compiled from Multi-national Force Iraq and Multi-national Corps Iraq news releases.)

Freedom Rest helps Soldiers escape

Story and photo by
Spc. Sophia Lopez
Army News Service

“It provides a place for Soldiers to relax and get away for awhile.”

Sgt. Jeffrey Gill
41st Fires Brigade liaison officer

CAMP VICTORY, Iraq — Soldiers melt away stress in the steaming sauna; they lounge around the swimming pool watching one another leap from the high dive; some use the workout room to improve their bodies and their moods. The scene is similar to any resort.

Freedom Rest, located in the International Zone in Baghdad, is not a resort, but it is close. It is place dedicated to providing Soldiers a respite from the demands of their work here.

“It provides a place for Soldiers to relax and get away for awhile,” said Sgt. Jeffrey Gill of the 41st Fires Brigade, who is the liaison officer for 10th Mountain Division.

Soldiers can visit Freedom Rest for their four-day pass. Upon arriving, Soldiers will check in, secure their weapon and receive a room. They must stay the whole four days for accountability reasons.

The rooms accommodate anywhere from two to 10

Soldiers each. Many of the two- and three-man rooms are reserved for upper enlisted or married couples. However, each living space has its own common area; each room has cable television and air-conditioning.

After an in-processing brief, a Morale, Welfare and Recreation representative takes Soldiers on a tour and informs them of the activities planned for the next few days.

Regular MWR events include a “Big Splash” contest in the outdoor swimming pool, sumo wrestling and karaoke. The Army and Air Force Exchange Service provides new release movies for the scheduled movie night. Freedom Rest also hosts special events throughout the year.

Along with activities,

Soldiers can enjoy playing ping-pong and pool in the lobby; basketball, volleyball and tennis on the outdoor courts or just relaxing in the television room or video game room.

“There’s a nice pool, bingo, lots of activities, 24-hour phone, internet and food,” said Sgt. Shawna Mallory, a patient-administration specialist for the 64th Brigade Support Battalion.

Events go on throughout the day, and local vendors are on site to sell bathing suits, civilian clothes, jewelry and more. Vendors take cash only, but finance is available on day one of the four-day pass for Soldiers to take out casual pay, Gill said.

A Post Exchange and barber-shop at Freedom Rest, open on days one and three, also accepts Eagle Cash Cards.



Soldiers can enjoy a relaxing afternoon at Freedom Rest’s outdoor pool complete with a diving board and two highrises.

Meals are served regularly, but a sandwich bar, ice cream bar and pizza bar are also open all day.

“This place is pretty Americanized,” Mallory said. “I liked it a lot. I’d recommend it to a friend for their pass.”

(Editor’s note: Lopez serves with the Multi-National Division-Center Public Affairs Office.)

Fort Sam takes lead role for all services:

Enlisted medical training consolidates

By Elaine Wilson
Army News Service

“Our different service missions, skills and capabilities combined are strengths as we strive to shape a better force for the future.”

Air Force Chief Master Sgt. Manuel Sarmina
METC Tri-Service Senior Enlisted Advisory Committee

FORT SAM HOUSTON, Texas — A ceremonial groundbreaking for the Medical Education and Training Campus, July 10, marked another step toward what leaders are calling the largest consolidation of training in the history of the Department of Defense.

Upon completion in 2011, the joint campus, led by tri-service leadership, will centralize all Army, Navy and Air Force basic and specialty enlisted medical training at Fort Sam Houston.

“With this institution becoming the largest in the world solely dedicated to medical training and education, San Antonio will be

transformed into a national center for education and training,” said Air Force Maj. Gen. Melissa Rank, chair, METC Flag Officer Steering Committee. “Once complete, San Antonio will be the location where every enlisted military medic is trained.”

A busy construction site provided a fitting backdrop for the ceremony with campus construction already under way. Fort Sam Houston is slated to gain five instructional facilities, six dormitories, an Air Force and Navy headquarters building, dining facility, gym and lighted troop walks. The six existing Army Medical Department Center and School buildings will become part of the training campus.

Several units will then join the AMEDDC&S here to

include the 882nd Training Group, Sheppard Air Force Base, Wichita Falls, Texas; the Naval Schools of Health Sciences in San Diego and Portsmouth, Va.; the Naval Hospital Corps School in Great Lakes, Ill.; and the enlisted medical training mission at Walter Reed Army Medical Center, Washington, D.C.

METC’s average daily student load is projected to be

more than 9,000 and the support staff nearly 4,000.

“Today we celebrate a significant milestone in a proud history of professional military medicine,” said Air Force Chief Master Sgt. Manuel Sarmina, chairman, METC Tri-Service Senior Enlisted Advisory Committee. “In the coming years, America’s best and brightest will begin arriving here to work and to train in

an environment that will be known and recognized as a premier learning center for our joint enlisted medical force.”

Sarmina said the vision is to create a “collaborative, non-competitive learning environment ... that reflects, respects and preserves our separate service cultures.”

“Our different service missions, skills and capabilities combined are strengths as we strive to shape a better force for the future,” the chief said.

The nearly \$1 billion project, directed by Base Realignment and Closure 2005 legislation, is “by far the largest economic development project that has occurred in San Antonio to date,” Rank said.

“The community will benefit from tremendous economic

opportunities and the military will benefit from the heightened emphasis on quality medical care for the American warfighters and their families,” the general said.

Rank said military leaders from each service will continue striving for excellence as the consolidated center turns from vision to reality.

“In this project, we truly are beginning with the end in mind — achieving our vision of METC as the nation’s leader in military medical education and training and the mission of graduating the world’s best military health-care personnel to support the nation,” Rank said.

“We are stepping out with each endeavor as if the future of the armed forces depends on our getting it right,” Rank said.

Gates names Guard’s first four-star general

By Jim Garamone
Armed Forces Press Service

WASHINGTON — Defense Secretary Robert Gates has recommended the Air National Guard’s director for a promotion that would make him the first four-star general in National Guard history.

Pending nomination by President Bush and confirmation by the Senate, Air Force Lt. Gen. Craig McKinley would become the chief of the National Guard Bureau.

McKinley would succeed Lt. Gen. Steven Blum. Gates has recommended that the president nominate Blum to be deputy commander of U.S.

Northern Command. “General McKinley is well qualified for this important and historic assignment,” Gates said during a news conference in the Pentagon today. “He has held command positions at every level of the Air Force in his 34 years of military service.”

As director of the Air Guard, he has been responsible for overseeing all policies, plans and programs affecting more than 104,000 Guardsmen in 88 flying units and 200 geographically separated bases in the United States and its territories, Gates said.

Blum has served as the chief of the National Guard Bureau for five years. It has been a time of wrenching change for Guardsmen, Gates said, and Blum has pushed for better training, equipment and support for the demanding range of missions the Guard has taken on since the Sept. 11, 2001, terrorist attacks on the United States.

The independent Commission on the National Guard and Reserves recommended the chief of the National Guard Bureau be a four-star position. Congress agreed and made the recommendation law as part of the fiscal 2008 National Defense Authorization Act.

“The elevation of the National

Guard chief to four stars recognizes the enhanced importance of the Guard to America’s overall national defense,” Gates said. “In recent years, ... the National Guard has transformed from an often neglected strategic reserve to a force that is an indispensable component of the operational military.”

The promotion also recognizes that the chief will serve as a bridge for the states to the federal government and the active components of the military.

McKinley “will provide the leadership that will take the National Guard to the next level,” Blum said in a written message to Guard units today.

“He is a competent, caring and

proven leader,” Blum said.

The transition to McKinley will be seamless. “I am confident Craig’s nomination will posture our joint organizations — the Army National Guard and Air National Guard units — to remain ready, reliable, accessible and essential to our nation,” Blum wrote.

McKinley received his Air Force commission after completing the ROTC program at Southern Methodist University in Dallas. He is a command pilot with more than 4,000 flying hours, primarily in the T-38, F-106, F-16 and F-15. Additionally, McKinley has been pilot in command in the C-131 and C-130 aircraft.

War of 1812 hero reburied at Congressional Cemetery

Story and photo by
J.D. Leipold
Army News Service

WASHINGTON — Maj. Gen. Alexander Macomb, who won acclaim during the War of 1812 and who served as the second commanding general of the Army from 1828 until his death in 1841, was reburied Thursday with his wife, Catherine, at the Congressional Cemetery in Washington, D.C.

Macomb was originally interred at the cemetery with a towering, ornate 13-foot-tall, 14,000-pound monument marking his vault. When the monument started leaning, the Department of Veterans Affairs National Cemetery Administration and the National Park Service stepped in to repair the damage. Archaeologists from the Smithsonian excavated the site last month, opening the lead liner of the coffin to study the contents, which were largely intact as the vault was restored.

According to Sara Amy Leach, a senior historian with



A small mahogany casket containing the remains of Maj. Gen. Alexander Macomb and his wife Catherine is returned to his reconstructed tomb at Congressional Cemetery, July 17, by National Park Service employees and two park rangers dressed in historical uniforms.

the National Cemetery Administration, the VA manages almost one-half acre of property at the cemetery, which contains 168 cenotaphs (monuments or markers) that date to the mid-19th century. She said many cenotaphs are just markers but don’t have a grave beneath them, but in Macomb’s case there was a brick vault which

was heavily damaged and now rebuilt.

“Many are in poor condition and needed to be cleaned and repaired, so we funded a \$1.75 million project to do that which was started in 2006 and will be completed by this fall,” she said. “The work has been done by the Historic Preservation Training Center of the

National Park Service who are fabulous experts in traditional building materials, so they got the same stone, or look-alike stone if it was harder, and they’ve been working on the cenotaphs and most recently on the Macomb cenotaph.”

Guest speaker Maj. Gen. William Grisoli, commander of the Corps of Engineers

North Atlantic Division, spoke to a small audience of Macomb descendants, VA and National Park Service guests telling them how Macomb, who was commissioned in 1802 in the Army Corps of Engineers, had selflessly served the Army and the nation in the same way Soldiers do today, more than 200 years later.

Macomb became an Army hero at the Battle of Plattsburg on Sept. 11, 1814 when as a brigadier general he led a force of 1,500 regular troops and detachments of militia against nearly 11,000 British troops on the northern New York frontier. Macomb deceived the British into believing the Americans had a much larger force than they did, and by camouflaging a road that led to nowhere, he was able to causing disorientation among the British. His actions bought time for the Americans to defeat the British Navy at Lake Champlain. The naval victory forced the British Army to retreat into Canada. Macomb was promoted to major general and

awarded the Congressional Gold Medal, the highest civilian honor bestowed by the United States legislature.

At the close of the War of 1812, the general was reassigned to Detroit and then to Washington where he served as chief of the Corps of Engineers from 1821 until 1828. During that time he administered the start of federal river and harbor improvements.

In 1828 Macomb was selected as the second commanding general of the Army, a position he held until his death in office in 1841. He was best known for his work on creating the standards for court-martials and credited for negotiating the authority for the Army to promote within itself, rather than through civilian lawmakers and government officials.

Macomb and his wife, Catherine, who he married in 1806, had nine children. Catherine died shortly after giving birth to their 10th child in 1821 while Macomb was commander of the Corps of Engineers.

R-E-S-P-E-C-T spells reduced PTSD stigma

By Pfc. Michael Syner
and Kimberly Gearhart
Army News Service

HEIDELBERG, Germany — According to Army medical officials, the new Re-Engineering Systems for the Primary Care and Treatment of Depression and PTSD in the Military program is designed to help providers recognize warning signs and treat those disorders early while eliminating Soldiers' fears about the stigma of psychological illnesses and their treatment.

Program officials say RESPECT-MIL takes advantage of any visit Soldiers make to their assigned primary care physicians for any reason, turning those visits into opportunities to detect symptoms that could indicate that the Soldier is struggling with PTSD.

"The Army is doing a lot more as far as trying to reach out and find Soldiers who are having issues but are reluctant to seek mental health care due to the historical mental health stigma within the military," said Dr. (Maj.) David Johnson, a Schweinfurt Health Clinic psychiatrist.

According to Col. Angela Pereira, director of Soldier and Family Support Services for the Europe Regional Medical Command, Soldiers usually



Photo illustration by Bill Roche

Under the new RESPECT-MIL program, primary care doctors will screen all Soldiers for PTSD and depression symptoms.

visit their primary health providers 3.4 times a year on average, and each of those visits is a chance for doctors to detect any behavioral health problems and get Soldiers the treatment they need.

"RESPECT-MIL tears down the walls concerning PTSD by making questions concerning PTSD and depression a routine activity any time someone visits their local primary health provider, which offers Soldiers and their family members extra chances to spot a problem early on," said Lt. Col. Raymond Gundry, ERMCM's deputy commander of outlying clinics.

"We also try to make it clear

to Soldiers that seeking help is not going to adversely affect their careers or make anyone think any less of them," Gundry said. "A major part of the process for 'tearing down the walls' is screening everybody that comes through, demonstrating that it is OK if someone suffering from PTSD seeks help."

By asking just a handful of questions, Gundry said, trained physicians can determine if a patient is suffering from depression or PTSD, and either help the patient — if the physician is qualified — or refer the patient to a mental health specialist.

Maj. Joseph Dougherty, the

chief of behavioral health at the Vilseck Health Clinic, recently completed the three-day RESPECT-MIL training program. He said the course teaches different approaches to detecting and treating depression and PTSD.

"We learned about how the different processes of screening, identifying and treatment of these disorders function under RESPECT-MIL; did some role play; and had a rundown of the entire program," Dougherty said. "We also learned how we can educate other primary care providers and psychiatrists in the RESPECT-MIL system."

Gundry said the bottom line is that "the training RESPECT-MIL provides allows primary health care providers to get help for their patients immediately."

For example, he explained, if a Soldier visits a physician trained in RESPECT-MIL methods for a physical exam, the doctor might ask if the Soldier has had difficulty sleeping or has been feeling constantly "down." Based on the answers, the doctor can determine if the Soldier may be suffering from PTSD or depression and recommend treatment.

"Screening all Soldiers and getting their doctors to talk to them about mental health" is a critical step to treating the

increased number of Soldiers with mental health problems, Johnson said. "The cycle of deployments that (we are) in has generated a lot more mental health problems in Soldiers who might otherwise never have seen me."

The Army's RESPECT-MIL initiative was developed at the Fort Bragg, N.C., RESPECT-MIL Center of Excellence, the organization leading the Army's worldwide implementation of the program. The Army's effort is based on "Re-engineering Systems for Primary Care Treatment of Depression," a model created by researchers at Duke University Medical Center, Dartmouth Medical School, and others, according to reports in the journal *Psychiatric News*.

"The trials performed at the Fort Bragg Center of Excellence showed a significant increase in the successful diagnosing and treatment of Soldiers with PTSD and depression," said Pereira. Gundry added that during the 2006 trials, 60-90 percent of PTSD patients showed improvement.

"The Center for Excellence is the 'home base' for RESPECT-MIL, and is the precedent-setter for the program," Gundry said. "That doesn't mean that the program can't change with the needs of the Soldiers. The program will become more

efficient with time and experience, thanks to frequent communication between the different sites. This will allow for the rounding out of RESPECT-MIL and ensure that it stays relevant and useful."

"This program is Army-wide. Fifteen sites have been chosen for the first major wave of RESPECT-MIL dissemination. Almost all of them are up and running, or will be soon," he said.

According to Gundry, the next step for ERMCM is getting the program operational throughout Europe, a process already underway, with Schweinfurt, Vicenza and Vilseck health clinics using the program.

The Army and the Office of the Surgeon General have both taken steps toward addressing the rising need for behavioral health care and reducing the stigma perceived by those seeking such care. The Army has done so in part by implementing chain teaching programs about PTSD and mild traumatic brain injury, and the OTSG through the creation of RESPECT-MIL.

(Editor's note: Syner serves with the U.S. Army Europe Public Affairs Office. Gearhart serves with the U.S. Army Schweinfurt Public Affairs Office. Their reports were combined for this article.)

Defense Language Institute offers free online language materials

Army News Service

PRESIDIO OF MONTEREY, Calif.—The Defense Language Institute has launched a new Web site that offers hundreds of "language survival kits" and other materials free of charge to deploying servicemembers.

DLI's Foreign Language Center developed the Language Materials Distribution System Web site and went live, July 1. To view the shopping cart, go to: <https://lmds.dlifc.edu>.

The Language Survival Kits offered on the Web site are pocket-size booklets with audio CDs, in over 30 languages, ranging in topics from public

ON THE WEB

To check out material available, order products or download a program, go to DLI's Web site at www.dlifc.edu. To review your shopping cart, go to <https://lmds.dlifc.edu>.

affairs, cordon and search, to medical terminology.

DLIFLC also offers new Headstart language DVD programs that use cutting-edge technology and computer animation to teach 80-hours of self-paced lessons and are designed to teach survival phrases in Iraqi Arabic, and Afghan Dari and Pashto.

Language materials can be viewed, downloaded, and ordered at www.dlifc.edu under the Products tab. Users must register and receive DLIFLC account approval before placing an order.

Some products are not available for download to the general public, officials said.



The Defense Language Institute offers more than 30 different language programs online to help servicemembers navigate their travels. Courtesy photo



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